



Macaroni and Cheese Carbonara

READY IN



65 min.

SERVINGS



4

CALORIES



1260 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 8 ounces asiago cheese grated plus more for the top
- 0.5 teaspoon ground pepper
- 6 ounces cheddar cheese grated plus more for the top
- 6 ounces cheddar cheese white grated plus more for the top
- 1 pound elbow macaroni cooked
- 4 large egg yolk
- 0.5 cup parsley fresh coarsely chopped
- 3 tablespoons flour all-purpose
- 4 ounces fontina grated plus more for the top

- 2 teaspoons thyme sprigs fresh finely chopped
- 4 cloves garlic finely chopped
- 4 servings pepper black freshly ground
- 1 tablespoon olive oil
- 1 slice pancetta 1-inch-thick cut into small dice
- 0.5 cup parmesan cheese freshly grated plus more for the top
- 4 servings butter unsalted for the baking dish
- 5 cups milk whole hot

Equipment

- bowl
- frying pan
- paper towels
- oven
- whisk
- baking pan
- slotted spoon

Directions

- Preheat the oven to 375 degrees F. Butter the bottom and sides of a 10-by-10-by-2-inch baking dish and set it aside.
- Heat the oil in a large saute pan over medium heat.
- Add the pancetta and cook until golden brown on all sides, about 8 minutes.
- Remove with a slotted spoon to a plate lined with paper towels.
- Add the garlic to the fat in the pan and cook until lightly golden brown, 1 minute.
- Whisk in the flour and cook for 1 to 2 minutes.
- Whisk in the hot milk, raise the heat to high and cook, whisking constantly, until thickened, 3 to about 5 minutes.
- Whisk in the eggs until incorporated and let cook for 1 to 2 minutes.

- Remove from the heat and whisk in the thyme, cayenne and all the different cheeses until completely melted. Season with salt and pepper. If the mixture appears too thick, add additional warm milk, 1/4 cup at a time.
- Put the cooked macaroni in a large bowl, add the cheese sauce, reserved pancetta, and the parsley, and stir until combined.
- Transfer to the prepared baking dish.
- Combine an additional 1/4 cup each asiago, cheddars, fontina and parmesan in a bowl and sprinkle evenly over the top.
- Bake until the dish is heated through and the top is a light golden brown, 12 to 15 minutes.
- Remove from the oven and let rest for 10 minutes before serving.
- Photographs by Yunhee Kim

Nutrition Facts

PROTEIN 22.85%

FAT 57.45%

CARBS 19.7%

Properties

Glycemic Index:110.42, Glycemic Load:26.49, Inflammation Score:-10, Nutrition Score:41.572173906409%

Flavonoids

Apigenin: 16.19mg, Apigenin: 16.19mg, Apigenin: 16.19mg, Apigenin: 16.19mg Luteolin: 0.54mg, Luteolin: 0.54mg, Luteolin: 0.54mg, Luteolin: 0.54mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 1.16mg, Myricetin: 1.16mg, Myricetin: 1.16mg, Myricetin: 1.16mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 1260.16kcal (63.01%), Fat: 80.34g (123.59%), Saturated Fat: 44.06g (275.39%), Carbohydrates: 62g (20.67%), Net Carbohydrates: 59.26g (21.55%), Sugar: 16.72g (18.58%), Cholesterol: 400.62mg (133.54%), Sodium: 2064.07mg (89.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 71.9g (143.81%), Calcium: 1966.95mg (196.69%), Phosphorus: 1423.68mg (142.37%), Selenium: 93.68µg (133.84%), Vitamin K: 130.88µg (124.65%), Vitamin B2: 1.25mg (73.4%), Vitamin B12: 4.23µg (70.52%), Vitamin A: 3311.6IU (66.23%), Zinc: 8.66mg (57.73%), Vitamin D: 5.39µg (35.92%), Magnesium: 122.52mg (30.63%), Manganese: 0.56mg (27.86%), Vitamin B5: 2.65mg (26.46%), Vitamin B6: 0.51mg (25.54%), Vitamin B1: 0.35mg (23.16%), Potassium: 764.94mg (21.86%), Folate: 79.7µg (19.93%), Vitamin E: 2.33mg (15.56%), Vitamin C: 12.7mg (15.4%), Iron: 2.77mg (15.38%), Copper: 0.23mg (11.31%), Fiber: 2.74g (10.95%), Vitamin B3: 1.66mg (8.32%)